

# Under the Sea

## Home activities to do with your Preschooler

Week 39: June 8 – June 12

- Aquatic animal crafts.
- Baby Shark Headband.
- Aquatic animal yoga.
- Under the sea snack.
- Soap foam sensory bin.

Special activities and STEAM



- It is important to give children directions that relate to their individual learning styles. Engaging in two-way communication is a highly recommended method.

Language



- One way to encourage your child to learn the concept of classification and sorting is by sorting out toys, leaves, rocks, or other similar items into 'like' groups. Encourage your child to sort items according to their shapes and colors.

Cognitive



- Teach your child about the importance and benefits of hand washing. Have your child watch you or another child wash their hands while you explain each step and its importance. Then, encourage your child to repeat the process while you explain the basic steps again.

Social-emotional



- Give your preschooler various writing materials, including nontoxic markers, pencils, crayons, greeting cards, construction paper, lined paper, and chalk boards. All of these offer slightly different writing experiences and encourage your child to experiment.

Fine motor

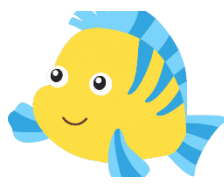


- Through play, children practice and perfect control and coordination of large body movements, practice activities that provide your child opportunities to move their bodies.

Gross motor



# Lunes - Monday



## Morning Meeting

- Let's sing and move: "Tres pecesitos" - "3 little fish".

PLAY SONG



- > Learn this sea animals with your child.



## Guide learning: Aquatic animal yoga



Your child can learn how to relax in a different way. Would you like to be as agile as aquatic animals? Learn the turtle pose, the crab pose, and the starfish pose to strengthen your back, arms and tummy. Apart from practicing several yoga poses, you'll also relax a lot.

## Project time: Octopus craft

Here's what you need:

Streamers paper plate (cut 4 strips in half to make 8 thin strips), markers, paints, or dot-markers, white glue, white circle pieces of paper for eyes (or two giant googly eyes).



Directions:

- > Paint the paper plate with your favorite colors.
- > Let the paint dry and then glue on some large eyes.
- > Once the glue is dry, turn the plate over and add glue to the bottom of the plate. Paste 8 thin pieces of streamers onto the plate.

After the glue on the streamers dried, your child will love make their octopus "swim" around the house.

## Making the Most of Routines: Handwashing

Handwashing is a great opportunity for children to practice more independence. What steps can the child do independently (with your supervision of course). Can he/she pump the soap dispenser? Turn on and off the water?

Sing "Lava tus manos" – "Wash your hands"

PLAY SONG



# Martes -Tuesday

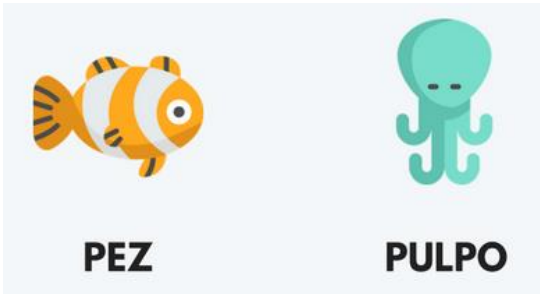
## Morning Meeting:

Let's sing and move: "Tiburón bebe" "Baby shark"  
When your child moves to music, they are getting so much more than just exercise. They are also developing their coordination, balance, concentration and cognitive abilities.

PLAY SONG



> Learn this sea animals with your child.



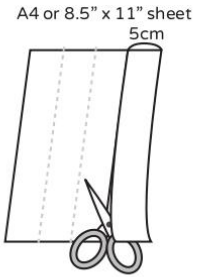
## Gross motor activity: Penguin Waddle

Place a ball between your child's knees and have them waddle across the room without dropping it.

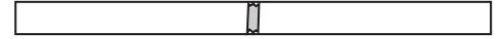


## Project time: Baby Shark Headband

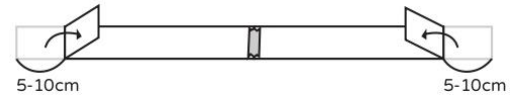
- 1 Step 1:** Cut 2 strips of sturdy, colorful paper. Water colors such as blue, light blue, or white work great!



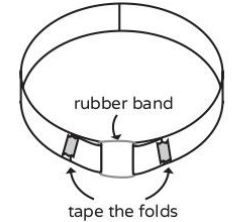
- 2 Step 2:** Tape 2 strips together to make one headband.



- 3 Step 3:** Fold the ends of the strips 5-10 cm. (For younger kids, make the fold larger. For older kids, make the fold smaller.)



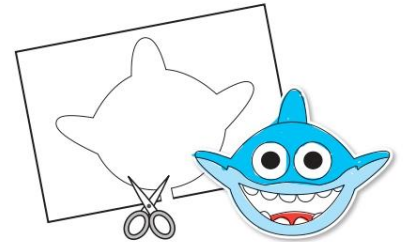
- 4 Step 4:** Put a rubber band (not too thick or strong) inside the folds and tape the folds shut.



## Attach Baby Shark to the Headband

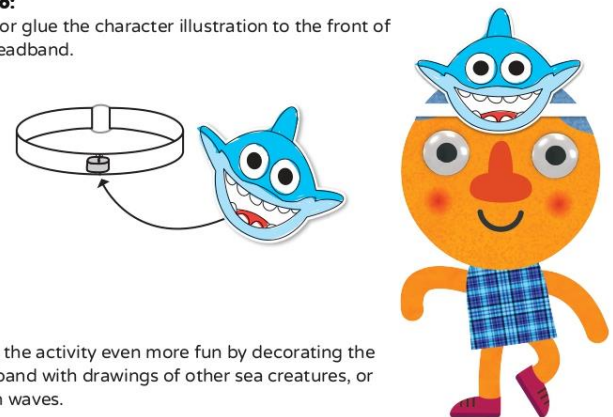
Learners of every age can color the illustration. Younger students may need assistance cutting the illustration out. Always supervise cutting activities.

- 5 Step 5:** Color and cut out the character illustration.



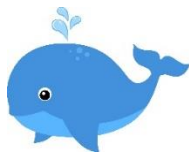
\*Find in page 7

- 6 Step 6:** Tape or glue the character illustration to the front of the headband.



- +** Make the activity even more fun by decorating the headband with drawings of other sea creatures, or ocean waves.





## Morning Meeting

Let's sing and move: "Un pulpito" / "Slippery fish"

In this video you will get to learn the slippery fish song in Spanish. There will be pictures going along with the song as well! If you want to learn Spanish vocabulary, and the storytelling of the song, make sure that you check the full "slippery fish" song in this video.

PLAY SONG



> Learn this summer Spanish words with your child.



## Gross motor activity: Tape Lines

Make 5–10 separate lines of tape, each about a foot apart, on your floor or carpet. Label the first one the "start" line and then give your kids simple instructions:

- Long Jump: See how many lines they can jump over. Have them try and beat their best score each time. Experiment with arm swinging vs. arms behind their backs.
- Run 'n' Jump: Now let them take a running start and see if they can jump even further!



## Sensory play: Ocean sensory bottles

Making an ocean sensory bottle can be a great way to add some creativity to this learning week for fun at home.

Here's what do you need:



- Plastic Bottles
- Ocean stickers
- Underwater Sea Animals
- Sea shells
- Water
- Blue food colouring
- Baby oil

Directions:

- > Once you have the bottles the next big thing are stickers. If you want to do this activity today and don't have time to get ocean stickers no worries you can also use glass markers or liquid chalk markers to decorate the bottle.
- > Use the stickers to decorate the outside of the bottle. Use fish, sea creatures, waves and bubbles to decorate and enhance you ocean sensory bottle.
- > Next, it's time to add more sea creatures.
- > As you add the sea creatures take this opportunity to talk about each one with your little one. Activities like this are a great way to build your child's vocabulary.
- > Now it's time to add the water. Fill the water bottle 2/3 with water.
- > Add one small drop of blue food colouring.
- > Fill the rest of the bottle with baby oil. Baby oil will create a wave like effect when your little one shakes the bottle back and forth.
- > Cover the top of the bottle with tape.

# Jueves-Thursday



## Morning Meeting

Let's watch and learn! Do you know how many legs octopuses have? Discover this and much more in this video where you will learn some of the aquatic animals, as well as a lot of curiosities.



- › Learn this summer Spanish words with your child.



## Art time: Outdoor Name Art Activity



Hang up the names and let them work!

## Guided learning: What are we going to make for snack?



The best thing about these Under the Sea Graham Crackers is that they are incredibly easy to make. You'll need graham crackers, graham cracker crumbs, goldfish, blue frosting, white ball sprinkles, red and green long sprinkles (also called jimmies) and red round sprinkles. When you assemble them, you'll start in the background, with the blue frosting and work your way to the foreground with all the little sea creatures.

### How to make BLUE BUTTERCREAM?

- › In a mixing bowl, combine 1 stick butter (room temperature) beat using an electric mixer for 2 minutes, until light and fluffy.
- › Begin to add in the powdered sugar, about 1 cup at a time. Slowly beat the mixture until the powdered sugar is incorporated. Continue this process, adding enough powdered sugar to make sure the frosting isn't too wet.
- › Add in your desired blue food coloring, mix by hand until the color is even.

# Viernes-Friday



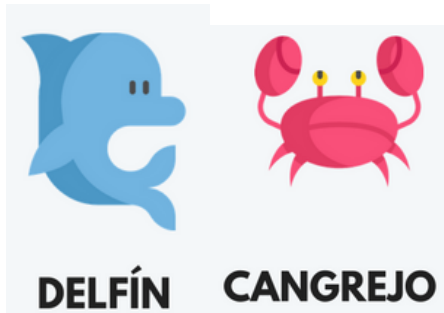
## Morning Meeting:

- Let's sing and move: "Bajo el mar" / "Under the sea"

PLAY SONG

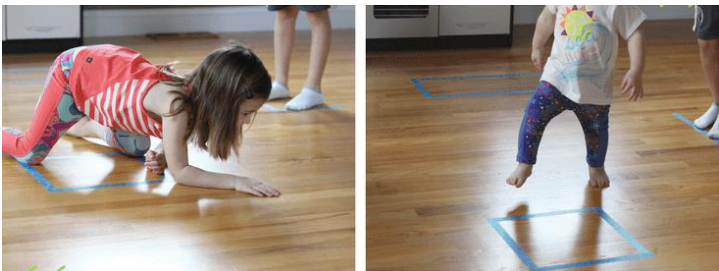


- Learn this summer Spanish words with your child.



## Guided learning: Tape Shape Game:

Use tape to put a variety of shapes, letters and/or numbers on your floor. Have your child stand on their favorite one then give them instructions to follow that will lead them to their next destination (for example: "bear crawl to the square", "hop like a Frog to the T", "Run to the rectangle"). This game keeps your child moving, but also helps them learn their shapes, letters and numbers!



“Slither to the Diamond ... Run to the Square”

## Soap foam sensory bin

Here's what you need:

- 1/4 cup of warm water
- 2 tbsp dish soap
- 2 tbsp cornstarch (Or corn flour)
- blue food coloring or liquid watercolors
- blender (or hand mixer)
- ocean animals
- bin



Directions:

- In the blender, add the water, dish soap, cornstarch and food coloring. Blend on high speed until stiff peaks form. Depending on the type of soap etc. you may need to adjust measurements.
- Pour the soap foam into a container and add ocean animals!
- You can place a container of water for rinsing off the animals next to it, it's like finding buried treasure.

## Making the most of routines: Clean-up

Cleaning up is an important part of playing and learning about responsibility. A clean-up song can help make tidying up after an activity more fun!

Sing the following song:

Limpia, limpia guarda todo en su lugar,  
Limpia, limpia todos deben cooperar.



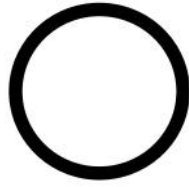


# Baby Shark Headband

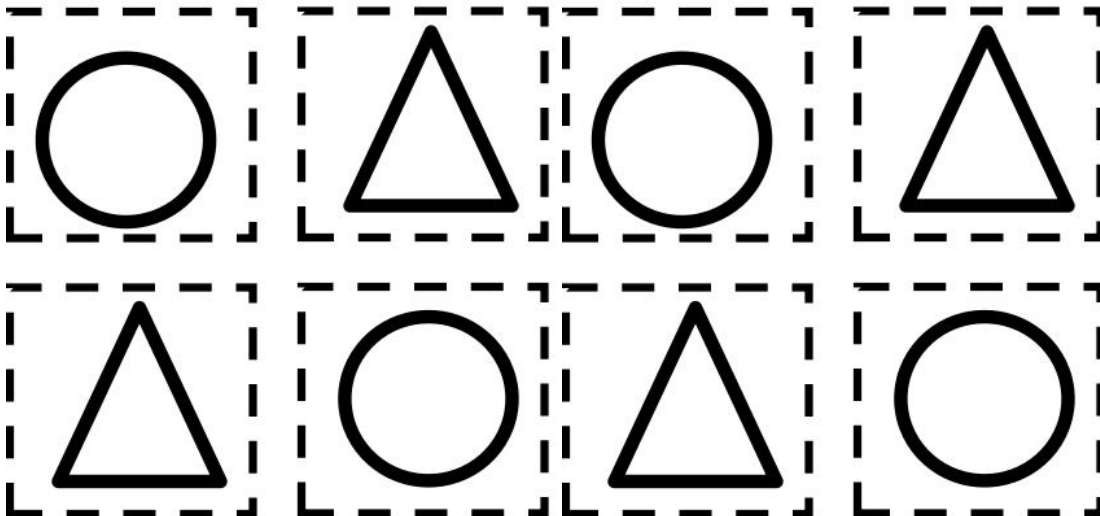


# Sort the shapes

circle



triangle

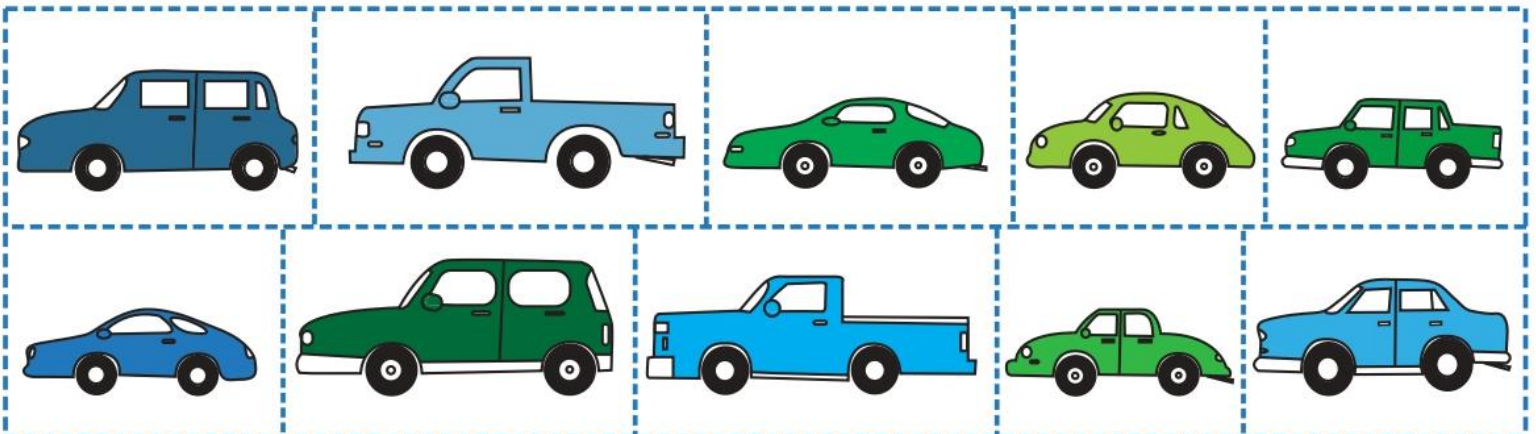




# Sorting objects

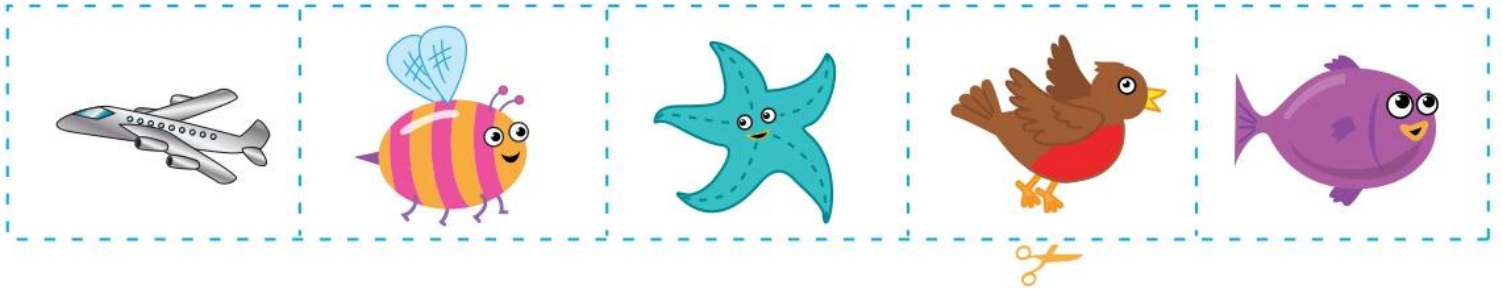
Directions: Cut out the pictures and sort them into two different categories. Explain how you sorted them.  
Instrucciones: Recorta las imágenes y ordénalas en dos categorías diferentes. Explica cómo los ordenaste.

1	2



# Sorting objects

Directions: Cut out the squares below. Then paste them into the correct box.  
Instrucciones: Recorta los cuadrados de abajo. Luego pégalos en el cuadro correcto.

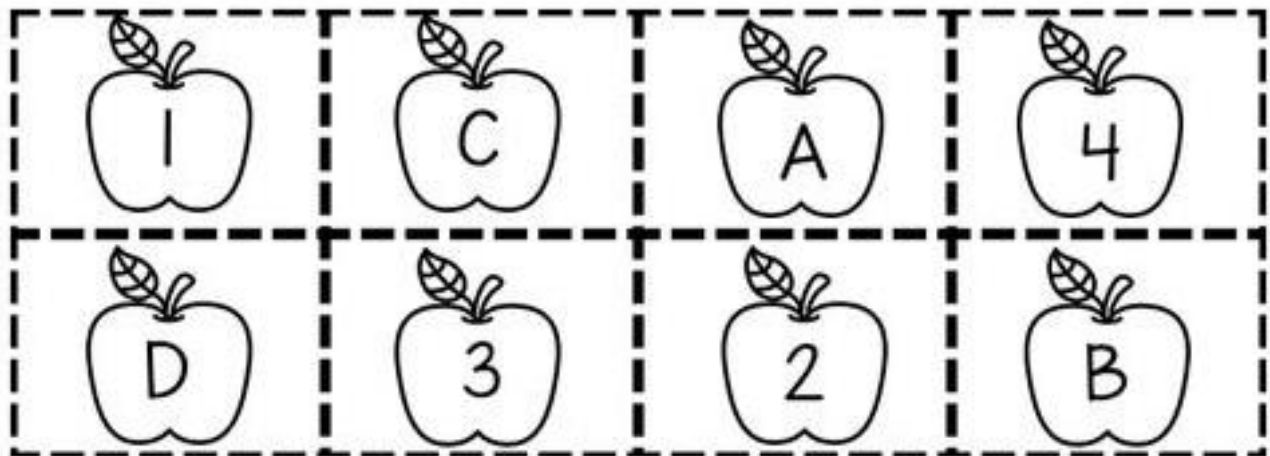
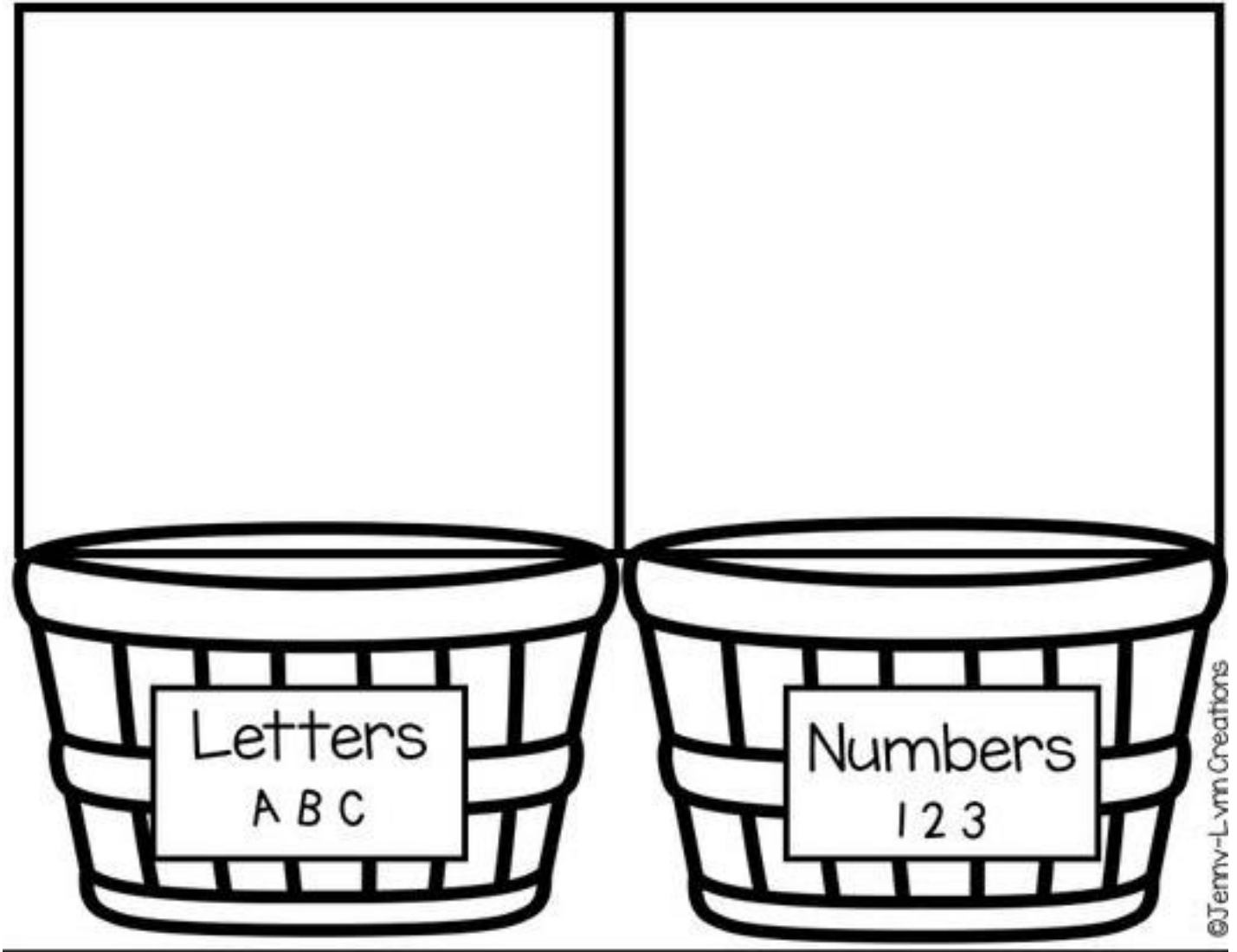


<p>Underwater</p>	<p>In the Air</p>
-------------------	-------------------

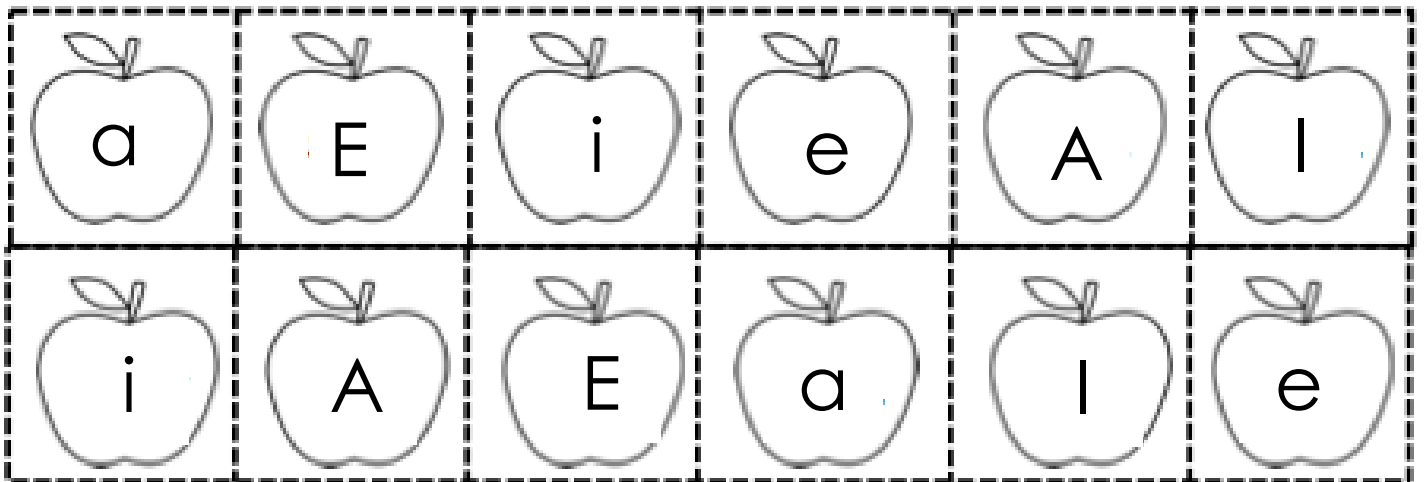
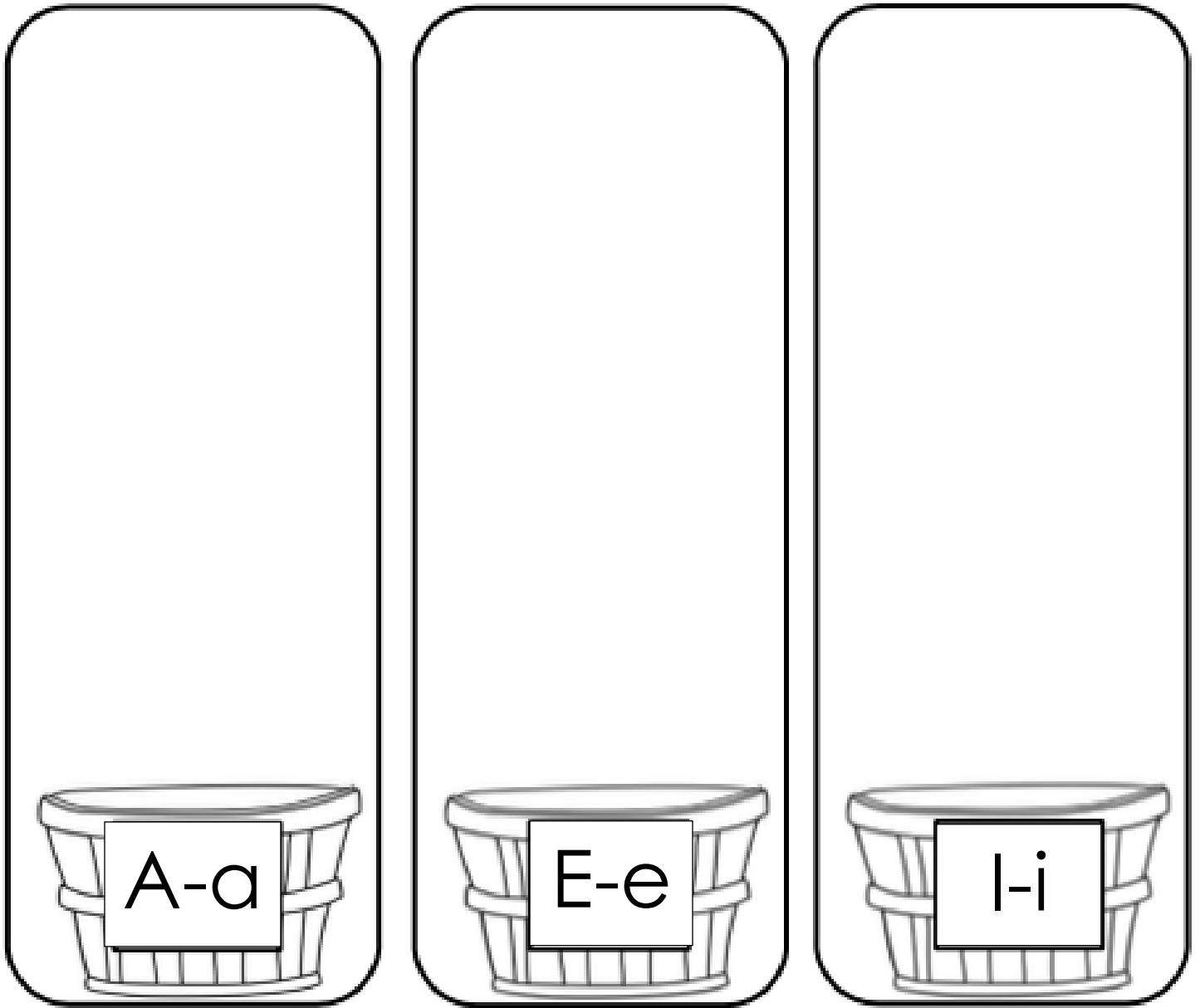
# Sorting the apples

Directions: Cut out the apples at the bottom. Sort the pictures by letter or number. Glue the apples in the correct basket.

Instrucciones: Recorte las manzanas en la parte inferior. Ordena las imágenes por letra o número. Pega las manzanas en la cesta correcta.



# Sort by letters / Ordenando las vocales





# Sort by letters / Ordenando las vocales

